

VA/DOD CLINICAL PRACTICE GUIDELINE FOR THE SCREENING AND MANAGEMENT OF OVERWEIGHT AND OBESITY

KEY POINTS CARD

KEY ELEMENTS

1. Routine primary care screening for overweight and obesity.
2. Assessment of risk factors and obesity-associated conditions influenced by weight.
3. Evidence-based strategies for weight loss and weight maintenance for patients who are overweight or obese.
4. Promotion of lifestyle changes (diet and exercise) in persons with normal weight to prevent weight gain.
5. Advice for persons who are overweight (BMI of 25-29.9 kg/m²) without obesity-associated conditions, to maintain or lose weight and prevent weight gain.

6. The involvement of patients in their education, goal setting, and decision-making process.
7. Strategies to achieve sustained weight loss by creating an energy deficit (when energy expenditure is greater than caloric intake).
8. The combination of dietary therapy, increased physical activity, and behavioral modification therapy as the key components of weight loss therapy.
9. Weight loss drug therapy as an adjunct to long-term diet and physical activity for patients who are obese ($\text{BMI} > 30 \text{ kg/m}^2$), or are overweight with a $\text{BMI} > 27 \text{ kg/m}^2$ and present with obesity-associated conditions.
10. Weight loss (bariatric) surgery as an option for patients with extreme obesity ($\text{BMI} \geq 40 \text{ kg/m}^2$) or a BMI of $\geq 35 \text{ kg/m}^2$ with one or more obesity-associated conditions in whom other methods of weight loss treatment have failed.

VA access to full guideline: <http://www.oqp.med.va.gov/cpg/cpg.htm>

November 2006

DoD access to full guideline: <http://www.qmo.amedd.army.mil>

Sponsored & produced by the VA Employee Education System in cooperation with the Offices of Quality & Performance and Patient Care Services, and the Department of Defense.

